

Adults 50+ Programs

Senior Center Directory

The Department operates the Long Beach Senior Center and five satellite senior centers that offer activities and services tailored to the interests and needs of adults age 50 and over. Additionally, there are other facilities that offer senior activities and classes. For more information, see the activity descriptions in the "Adults 50+" section or call the following sites:

California Recreation Center

1550 Martin Luther King Jr. Ave.,
(562) 570-1605
Hours: M-F, 9am-2pm

Cesar E. Chavez Park

401 Golden Ave., (562) 570-8890
Hours: M-F, 9am-1:30pm

El Dorado Park West

2800 Studebaker Rd., (562) 570-3227
Hours: M-F, 9am-2pm

El Dorado Seniors Advisory Meeting

Share your ideas. 3rd Th of mo., 9:30am-2pm,
(562) 570-3227

Houghton Park

6301 Myrtle Ave., (562) 570-1640
Hours: M-F, 9am-2pm

Long Beach Senior Center

"The Place Where Fun Begins!"
1150 E. 4th Street, (562) 570-3500
Hours: M-F 8am-4:30pm, Sa 10am-4pm

Gift Shop: 10am-2pm. Homemade crafts and con-
signment items for sale.

The Little Thrift Shop Around the Corner:
10am-2pm. Clothing & accessories, books, house-
hold items. Items priced to sell.

Rentals: The Center has meeting rooms, a spa-
cious ballroom, an auditorium, and dining facilities
for rent. Call 570-3111 for more info.

Senior Citizen Advisory Commission

Meetings held 2nd Thursday at 9am at various
Senior Centers.

Silverado Park Senior Center

1545 W. 31st Street
(562) 570-1675
Hours: M-F, 9am-2pm

Art & Cultural

Arts and Crafts. Explore your creative side. Work
on your own or by instruction.

Th • 10am-noon • free Houghton
Th • noon-2pm • Flynn • \$2 Houghton

Art. Explore creative abilities and arts of
various cultures.

M & W • 10am-12pm Chavez

Beading Class.

F • 1-4pm • Materials Fee • Olivia El Dorado W

Card Making. Create cards using scrap materials,
paint and other creative items.

3rd Th of mo. • Myles • 9am-noon Cal Rec Ctr
2nd F of mo. • 12:30-1:30pm Chavez
3rd Tu of mo. • Laurence • 9am-noon El Dorado W
2nd Th of mo. • Myles • 12:30-3:30pm Houghton

Creative Wire Wrap. Free. Beg: Learn basic
techniques to create rings and pendants. Int: Learn
advanced techniques for making bracelets and your
own designs. Some materials available. Material fee.
Provide your own tools.

1st & 3rd Th • 9am-12pm • Paxton LB Senior Ctr

Crochet/Knitting. Basic-Adv. Bring H or
8-crochet hook or 8-knitting needles and one 4 oz.
skein 4-ply yarn.

W • 12:30-1:30pm • free/materials provided Chavez
F • 10am-noon • free El Dorado W
F • 10am-noon • Flynn • \$2 Houghton
W • 9am-12pm • free LB Senior Ctr

Crochet Class (We Care). Projects go to
charities. Materials provided.

Tu/Th • 10am-noon • Anderson Silverado

Flower Arranging and Design. Make live
centerpieces. \$2-\$5/class.

3rd Th of mo. • Fox • 9:30-11:30am Cal Rec Ctr
1st W of mo. • Nelson • 1pm Houghton
2nd Th of mo. • Nelson • 10-11:30pm Silverado

Jewelry Making. For Beg. and Int. designer's.

Tu/Th • 10am-1pm Chavez

Lapidary. Cut, shape and polish stones and rocks.
Offered by Long Beach Mineral & Gem Society. Call
(562) 438-5637 for details.

F • 9am-4pm; Sa • 1-4pm • \$4 LB Senior Ctr

Quilting/Sewing Class. Beg. to Adv. Levels.

Tu • 10am-noon • \$2 • Szladek Houghton

Quilting Class. All levels. "Patches from the Heart"
projects go to charities. Instructor: McCary.

F • 9:30am-11:30am • free Cal Rec Ctr

Sewing Class: All levels welcome. Free

Th • 12-3pm; Sa • 10am-2pm LB Senior Ctr

Sing-a-Long. Make friends singing old favorites.

Dates & Times TBA Cal Rec Ctr
Tu • 1-3pm LB Senior Ctr

Weaving. Work the loom to create beautiful items.
Call (562) 438-5637 for details.

W • noon-3pm • free LB Senior Ctr

Wood Carving. Free. Learn to whittle creative
projects and gifts. Provide your own tools.

M/W • 8am-1pm LB Senior Ctr

Dance

Ballroom Dance Instruction. Instructor: Sing.
Sa • 6-9pm; Su • 6-9pm • \$5 El Dorado W

Big Band Dances. Live music for dancing &
listening. Free. Donations to band are invited.
Call 570-3225 or 570-3227 for information.

M • noon-2pm; W • 12:30-2:30pm El Dorado W

Dinner and Dance. Catered dinner & live bands.
Call 570-3533 to register in advance.

F • October 26 • \$8 LB Senior Ctr

Senior Tap & Jazz Dance Class.

F • noon-2pm Bixby

Tap Dance Class. Bring tap shoes. \$3.

Th • 10am-12pm (Beg);
Sa • 10am-12pm (Int/Adv) LB Senior Ctr

Variety Big Band. Dancing and easy listening.
W • 9-11:30am • free LB Senior Ctr

Enrichment

Bikes 90800. Repair your bike for little or no cost.
Th • 1-3pm Houghton

Computer Classes. Beg., Int. & Adv. word
processing plus. Graphics, genealogy offered at
some sites.

3 wks for \$5

Tu • 10am-noon • Beginners Houghton
9 wk for \$15

Tu • 12:30-2:30pm • Intermediate Houghton
6 wk class for \$10 or class & lab for \$16

class: Tu/W/Th • 12:30-3pm LB Senior Ctr
lab: Tu/W/Th • 3-4:30pm LB Senior Ctr

6 wks

M-W • 9-11am El Dorado W

Free Supervised Lab

M-F • 10am-noon • free Silverado

Adults50+cont'd

Computer Classes. 6-weeks. \$15 materials fee due at 1st class. Call (562) 595-8893 for information. All classes held at LB Adult School, 3701 E. Willow St.

Computers for Beginners
Intro. to the Internet
Digital Photography for Beg
Computing: Level 2
Internet: Level 2
Digital Photography: Level 2

Cooking Classes.

1st W of mo • 10am-noon Silverado

Happiness & Humor Class. Free! Have a barrel of laughs! Learn how laughter brings peace, how the art of relaxation brings health, how to deal with difficult people and much more! Instructor: Dr. Susan Mathews, CSULB.

4th F of the mo. • 9:30-10:30am LB Senior Ctr

Language – ESL. Join in the fun of learning or improving English as your second language.

M • 1-3pm (Beg II) • Ellner LB Senior Ctr

Language – English for Khmer speakers.

M/W/F • 10-11:30am • Va or Serey Cal Rec Ctr

Language – Intro. to Spanish. ¿Habla usted español? Learn basic phrases and more.

M/W • 10-11am • free • Ramos Houghton

Library. Large print books. Free library card for hardback check out at Houghton. Paperback exchange at all sites. Books & magazines on tape courtesy of the Braille Institute. Video rentals.

1st Tu of mo. • 10-11:30am • Book Club El Dorado W
M-F • 9am-2pm Houghton
M-F • 10am-2pm LB Senior Ctr
M-F • 10am-12pm Silverado

Safe Driving Course – AARP. 8 class hours class can lead insurance discount. \$10/person in advance by check to AARP. Call sites for details

TBA Cal Rec Ctr
TBA Chavez
Sept 11 & 14; Nov 13 & 16 El Dorado W
Aug 29 & 31; Oct 24 & 26 Houghton
Oct 9 & 11; Dec 11 & 13 LB Senior Ctr

Seminars on Topics of Interest. Call sites for more details.

Volunteer Opportunities. Share and learn new skills, meet friends. Call sites for details.

Fitness and Sports

Adventure Club. Hiking, sailing, Rock Gym, "Mystery Walks," and other fun stuff.

TBA • monthly Houghton

Aerobics for Seniors. Free. 50% sitting / 50% standing.

W & F • 10-11am Cal Rec Ctr
M/W/F • 9-10am Houghton
M/W/F • 9-10am Silverado

Aerobics – Low Impact.

M/W • 9-10am
Tu/Th • 10-11am

Chavez
El Dorado W

Arms, Legs & Abs /Chair Aerobics. Total body workout to strengthen arms, firm legs, buttocks and abdomen muscles.

Tu/F • 10-11am Bixby
F • 10am-12pm LB Senior Ctr

Abs Plus Below the Belt. Floor exercise using Ab Rollers, mats and chairs. Learn various exercises to enhance your abs. Stretching and cool down immediately following Arms, Legs and Abs Chair.



Aerobics.

Tu/F • 11-11:30am Bixby

Arthritis Foundation Exercise Program.

Promotes joint flexibility, strength and endurance.
Tu • 1-2pm • free LB Senior Ctr

Body Works. A contouring class focusing on reshaping, improving flexibility and strengthening the body.

T/Th • 10-11am LB Senior Ctr

Fitness Rooms. Cardio machines, weight equipment and free weights for cardio and strength training.

M-F • 9am-2pm Cal Rec Ctr
M-F • 9am-7pm Chavez
M-F • 9am-2pm Houghton
M-F • 8am-4pm LB Senior Ctr
M-F • 9am-1pm Silverado

Senior Pilates.

M/W/Sa • 9-10am Cal Rec Ctr

Senior Stretch & Flex Class. Very gentle stretching to improve flexibility, muscle tone, balance, and core stabilization. A must for seniors over 50.

Th • 10-11am Bixby
M/W • 8:30-9am LB Senior Ctr

Senior Strutters. Free. All ages. Co-sponsored by Long Beach Memorial Medical Center. Earn incentives. Choose fast or slow pace for individual fitness level.

M/F • 8:15-9:45am Cal Rec Ctr
M/W • 9:30-10:30am Chavez
Tu/Th • 8:30-9:30am Houghton

Senior Swimmers 60+.

Days & Times TBA • 570-1718 King Park Pool

Stand-Up/Sit-Down Fitness. Develop cardiovascular fitness, flexibility, endurance & strength.

Tu/Th/F • 8:30-9am • Eyman LB Senior Ctr

Strength Fitness. Elasticized Dyna bands, chair & standing work with upper and lower body.

M/W/F • 1-2pm LB Senior Ctr

Tai Chi For Arthritis - Arthritis Foundation.

Sponsored by the Arthritis Foundation, designed for people with arthritis. Promotes strength, joint flexibility, balance, and relaxation.

Th • 1-2pm • Jordan LB Senior Ctr

Yoga - Silver Age Yoga Community Outreach.

Relax, stretch gently, firm and tone muscles, improve balance and circulation.

W • 11am-noon • free • Behrens LB Senior Ctr

Tai Chi For Seniors. Improve flexibility, posture and balance with slow, gentle movements.

T • 11am-noon • Tang • free LB Senior Ctr

Services – Health

Blood Pressure Screens.

1st & 3rd Tuesdays of mo. • B. Jensen/St. Mary's IPA Chavez

Flu Shot Clinic. Held in October or November. Call site nearest you in early October for details.

HICAP (Health Insurance Counseling and Advocacy Program).

Counseling on health insurance, Medicare problems, Medicare HMO, Medicare supplement (Medi-gap).

Th • 9:30am-1:30pm LB Senior Ctr

Senior Health Clinic – Health Department.

Screens for vision, hearing, blood pressure; & blood sugar; health assessments; immunizations; & medication counseling - free or small fee. Podiatry by appt. - \$20. Call 570-3531 for appt.

Tu, 2nd & 4th W of mo. • 8-11:30am LB Senior Ctr

Hearing Impaired Telephone

Communication Center (TTY). Free use. Hearing disabled call 570-3518.

M-F • 9am-4pm LB Senior Ctr

Mammograms – YMCA En(core) Program.

Clinical breast exams and mammograms to eligible senior women. Call 570-3531 for appt.

TBA • 8am-3pm • free LB Senior Ctr

Medical Equipment Loans. Temporary loans to persons 50+.

M-F • 9am-4pm LB Senior Ctr

Mobile Health Nurse Program –

Health Department. Health counseling and referrals. Monthly blood pressure and weight screenings. Glucose screenings as needed. Co-sponsored by American Red Cross. Call sites for appt.

3rd W of the mo. • 9:30-11:30am Cal Rec Ctr
1st W of the mo. • 9:30-10:30am Chavez
1st Tu of the mo. • 9:30-11:30am El Dorado W
2nd M of the mo. • 9:30-11:30am Houghton

Optelec (script enlarger). Use for sight-impaired onsite.

M-F • 9am-4pm • free LB Senior Ctr

Adults50+cont'd

Services – Nutrition

Brown Bag Food Distribution. Free food to 60+. Bring proof of age & income to register.

1st and 3rd W of mo. • 8:30-9:30am Cal Rec Ctr
1st & 3rd W of mo. • 8am LB Senior Ctr
1st & 3rd W of mo. • 9am North Facility Ctr/Houghton
1st & 3rd W of mo. • 9:30am Silverado

Food Stamp Applications. Call for appointment.
Tu • 9am-12pm LB Senior Ctr



"Friendly Cup Café."

Great food - incredible prices!
Homemade breakfast, 8-10am,
and lunch, 11:30am-2pm.
Wednesday & Friday lunch
specials. Catering available.
M-F • 8am-2pm • 570-3526
LB Senior Ctr

Supplemental Food Program – Community Action Partnership of Orange County.

Free food to 60+ and women with children 5 years and younger not on WIC. Bring proof of age & income.

4th Sa of mo. Jan.-Oct., 3rd Sa of
mo. Nov. & Dec. • 9:30am-1pm LB Senior Ctr
3rd Sa of mo. • 9:30am-1pm Silverado

Human Services Association (HSA) Senior Nutrition Lunch Program. Ages 60+. Hot balanced lunches. Call ahead for next day reservations for home delivered meals. Suggested donation of \$1.50.

M-F • 11:30am • 570-1605 Cal Rec Ctr
M-F • 11:30am • 806-5400 Chavez
M-F • 11:30am • 428-6538 Houghton
M-F • 11:30am • 429-4283 El Dorado W
M-Sa • noon • 570-3520 LB Senior Ctr
M-F • noon • 424-4819 Silverado

Services – Social Services

Asian Pacific Older Adult Outreach. Job referrals, low cost Section 8 housing assistance, renter's assistance and more.

M-F • 10am-12pm Cal Rec Ctr
M-F • 9am-2pm LB Senior Ctr

Financial Advisor. Free financial advice by appointment.

M/W • 9-11:30am • DeVault El Dorado W
2nd & 4th Tu of mo. • 10am-12pm Houghton
W • 9am-noon • Holliman LB Senior Ctr

Homeowner & Renter Assistance. Eligibility: Ages 62 & up or disabled. Must meet income requirement. Filing & Assistance: Applications are accepted year-round by Franchise Tax Board. Assistance year-round at LB Senior Center and Houghton. At all other sites, assistance period is

July 1 – October 15. What to Bring: All: After July 1, 2007, bring proof of age, proof of income for year 2006 and proof of disability. Homeowners: bring 2006/2007 property tax bill. Renters: Bring name, address and phone number of landlord or manager to whom you paid rent in 2006.

M-F • Call 570-1605 for details Cal Rec Ctr
M/Tu/Th • 10am-1pm Houghton
M-F • 9am-3:15pm • Rm 107 LB Senior Ctr

Housing Assistance Information. Rental and housing listings accepted and displayed. HUD housing listings available.

M-F • 9am-2pm Houghton
M-F • 9am-4pm • Rm 107 LB Senior Ctr

Income Tax Assistance – AARP. Free basic filings. Bring forms and paperwork. Call sites for filing period. Donations accepted.

Th/F • 9:30am-3:30pm • By appt. El Dorado W
W • 9am-noon • By appt. Houghton
M-F • 8:30-11:30am LB Senior Ctr

Information, Assistance and Referral.

Forms & applications assistance, information on social services; referrals to supportive services; appointments for counseling services; bus passes/tokens, taxi vouchers, parking permits; driving courses and more.

M-F • 9am-2pm Cal Rec Ctr
M-F • 9am-2pm Houghton
M-F • 9am-4pm • Rm 107 LB Senior Ctr
M-F • 9am-12:30pm Silverado

Legal Services – Bet Tzedek. Call 570-3533/34 on 1st working day of month for appointment.

3rd Tu • 10am-3pm • free LB Senior Ctr

Notary Public Service. Paralegal Lynda Wall.

1st F of mo. • 9-10am • free by appt. LB Senior Ctr

Renter's Rights Counseling.

M • 10am-2pm • By appt. LB Senior Ctr

Safety Net Program. For Long Beach seniors 55+ on limited incomes. Free dead bolts, smoke detectors and sliding glass door locks installed. Call 570-3506 for details. • Rm 107 LB Senior Ctr

Southeast Asian Task Force.

3rd Sa of mo • 1-3pm LB Senior Ctr

The Buddy Tree. Feeling a lack of friendly contact or wish to talk on the phone to other folks? For seniors who want to be telephoned.

Call (562) 570-1640 Houghton

Utility Users Tax Exemption. Ages 62+ or disabled who meet income requirements can get utility tax exemption on gas/water/refuse, electric, and phone bills. Also discount on gas, refuse/recycling, and sewer charges. Bring utility bills, proof of income and/or disability.

Tu/Th • By appt. El Dorado W
M-F • 9am-2pm Houghton
M-F • 9am-3:15pm • Rm 107 LB Senior Ctr

Utility Users Tax Refund. Master-metered qualifiers ages 62+ or disabled who meet income requirements can get tax refund on gas, water and electric bills for previous year. Bring proof of master-metered residence via rental receipt, CA I.D., and proof of income. Offered January-March 1.

M-F • 9am-2pm Houghton
M-F • 9am-3:15pm • Rm 107 LB Senior Ctr

Voter Services. CA voter registration and permanent absentee applications available.

M-F • 9am-4pm • Rm 107 LB Senior Ctr

Work Experience Program. Ages 55+ and low income. L.A. County Senior Community Service Employment Program. Part-time work and on-the-job training. Call 491-6421 for more info.

M-F • 9am-2pm • Rm 107 LB Senior Ctr

Services – Transportation

Bus Passes. Buy between 25th & 10th of mo. \$19/mo. for persons age 62 and older or disabled.

M-F • 9am-3:30pm • Rm 107 LB Senior Ctr

Driving Abilities Test – AAA Roadwise Review.

Want to know if you're a safe driver? With guidance from the Program Facilitator, use this free user-friendly computer program in the privacy of our Computer Lab to test your driving abilities. Recommended for seniors who can use a computer mouse. Receive a confidential print out of test results showing levels of impairment. Call (562) 570-3533.

F • 1-3pm • free by appt. LB Senior Ctr

FAME Taxi Vouchers & Bus Tokens.

Limited eligibility and distribution. Call for qualifications and policy.

M-F • 9am-2pm Cal Rec Ctr
Tu/Th/F • 9am-3pm El Dorado W
M-F • 9am-2pm Houghton
M-F • 9am-4pm • Rm 107 LB Senior Ctr

Social Activities

Billiards. Open for recreational games. Cal Rec Center hosts 3rd Thursday Tournaments at 10am.

M-F • 9am-2pm Cal Rec Ctr
M-F • 9am-2pm Chavez
M-F • 10am-2pm Houghton
M-F • 8am-4:30pm; Sa • 10am-4pm LB Senior Ctr
M/W • 10am-noon Silverado

Bingo. Entrance fee: dry or canned goods.

Th • 10am-12pm Cal Rec Ctr
F • 10-11:30am Chavez
M • 12:30-1:30pm Houghton
Sa • 11am-1:30pm LB Senior Ctr
F • 10:30-11:30am Silverado

Bridge. Foursome needed to start in some locations.

Tu/W • 10:30am-3pm • (Social) 570-1601 Bixby
M • 12-3pm • (Contract) 431-0381 El Dorado W
Th • 12-3pm • (Contract) 597-7681 El Dorado W
F • 11am-3pm • (Duplicate) 433-8481 LB Senior Ctr

Adults50+cont'd



Cards. Come enjoy all your favorites.

M-F • 9-11am *Chavez*
 Tu/Th/F • 11am-3pm *El Dorado W*
 M-F • 9-11:30am & 12:30-3pm *Houghton*
 Tu/Th • 1-2pm *Silverado*

Chess Room. Enjoy this renowned game of strategy.

M/Tu/F/Sa • 12-5:30; W • 12-9pm;
 Th • 12-7pm; Su • 12-4pm *Bixby*
 M/W • 1-2pm *Silverado*

Dinner & A Movie. Movies on our BIG SCREEN TV and a delicious meal! \$5 for dinner. Reservations required by Wed. prior to weekend.

Apr-Sep • 2nd &
 4th Su of mo. • 3:30-6:30pm *Houghton*

Dominoes. Mexican Trains. Large numbers! Easy to learn! Novices welcome!

M • 1-3:30pm *LB Senior Ctr*

Excursions. Fees include admission/transportation.

Dates & times TBA. Call locations for schedules.

Excursions – Golden Tours. Day, overnights and multi-day trips and tours. Call (562) 901-1945 for more info.

M-F • 10am-2pm *LB Senior Ctr*

Game Room. Dominoes, chess, checkers & cards.

M-F • 9am-2pm • Tournaments TBA *Cal Rec Ctr*
 M-F • 9am-2pm *Chavez*
 M-F • 10am-3pm *El Dorado W*
 M-F • 10am-noon *Houghton*
 M-F • 8am-4:30pm; Sa • 10am-4pm *LB Senior Ctr*
 M-F • 10am-noon *Silverado*

Gardening Center.

M-F • 9am-2pm *Houghton*

Movies. Free. Video favorites and current releases on BIG SCREEN TV.

Last F of mo. • noon-2pm *Cal Rec Ctr*
 3rd F of the mo. • 12:30-3pm *Chavez*
 W/F • 12:30-3pm *Houghton*
 M/Th/F • 1-3pm *LB Senior Ctr*
 F • 12-2:30pm *Silverado*

Pinocle. Beginners welcome.

Tu • noon-3pm; F • 9am-noon *El Dorado W*
 M-F • 12:30-3pm *Houghton*
 M/W/Th/F • 1-4pm *LB Senior Ctr*

Karaoke “Kafe.” Fun! Free! Fabulous!

Th • 1-4pm *LB Senior Ctr*

Table Tennis. Make new friends and get exercise.

M/W • 10-11am *Houghton*
 M-F • 8am-4:30pm; Sa • 10am-4pm *LB Senior Ctr*
 Tu/Th • 1-2pm *Silverado*

Social – Clubs & Groups

Council of the Blind.

2nd Sa • 10am-1pm *LB Senior Ctr*

Filipino American Senior Civic Club of Long Beach.

Call 570-3543 for info.
 1st F of mo. meeting • 1-3pm *LB Senior Ctr*

Gray Panthers. A politically active group focusing on senior issues.

1st Sa of mo. • 10:15am-12:15pm *LB Senior Ctr*

Have-A-Heart Performers. Sing, dance, tell jokes or play an instrument.

TBA *LB Senior Ctr*

Latino Club. Call 570-3514 for details on club functions and social dances.

4th F of mo. meeting • 10am-noon *LB Senior Ctr*

Mineral & Gem Society.

Lectures and see displays on rock hunting, lapidary, geology and jewelry making. Membership fee. Call (562) 438-5637 for details.
 2nd W of mo. • 7:30-10pm *LB Senior Ctr*



Prime Time Players. Act and perform in productions or assisting with costumes, music, sets, props and rehearsals.

TBA *LB Senior Ctr*

Red Hat Society – Long Beach Senior Center Chapter. Socialize with ladies who are meeting middle age with verve, humor and elegance.

Members wear purple outfits and red hats. Small monthly dues. Call (562) 424-7672.
 TBA *LB Senior Ctr*

Singles Club. New friends, speakers, trips, fun discussions. Call (562) 377-3657 for details.

1st & 3rd Tu of mo. • 10am-noon *LB Senior Ctr*

Senior Council Meeting.

3rd W of mo. • 10-11am *Silverado*

Variety Band. Read music or play by ear. Bring instruments.

W • 9-11:30am *LB Senior Ctr*

Wood Carving Association Meeting.

1st & 3rd Tu of mo. • 6:30-9pm *LB Senior Ctr*

Social – Upcoming Events

The following events are free unless otherwise noted.

SEPTEMBER EVENTS:

Grandparents' Day
 W • Sept 5 • 10am-2pm *Houghton*

Farmer's Market LA Trip
 F • Sept 7 • 8am-2pm *Silverado*

Smoothie Day
 Th • Sept 13 • 10-11am *Houghton*

Hispanic Heritage Month Trip
 F • Sept 14 • 8am-5pm • \$ *LB Senior Ctr*

Senior Day at the Aquarium Trip
 Tu • Sept 18 • 9am-1pm *Silverado*

Health Fair
 F • Sept 21 • 10am-2pm *Silverado*

OCTOBER EVENTS:

Casino Trip
 Sa • Oct 13 • 10am-2pm *Silverado*

Halloween Dinner Dance
 F • Oct 19 • 2-5pm *Silverado*

Breast Cancer Awareness
 W • Oct 24 • 10am-12pm *Houghton*

Halloween Costume Party
 F • Oct 26 • 2-5pm *Silverado*

Halloween Dinner Dance
 F • Oct 26 • 5-9pm *LB Senior Ctr*

Halloween Celebration
 Tu • Oct 30 • 10am-2pm *LB Senior Ctr*

Tu • Oct 30 • 11am-1pm *Houghton*
 W • Oct 31 • 11am-12pm *Cal Rec Ctr*

Flu Shot Clinic & Wellness Fair
 Tu/W/Th • Oct 9, 10, 11 • 9am-1pm *LB Senior Ctr*

Flu Shot Clinic Only
 Tu • Oct 23 • 9am-12pm *LB Senior Ctr*

NOVEMBER EVENTS:

Farmer's Market LA Trip
 F • Nov 16 • 8am-2pm *Silverado*

Thanksgiving Celebration
 F • Nov 16 • 12-2pm *Cal Rec Ctr*

M • Nov 19 • 10am-12pm *Houghton*
 W • Nov 21 • 10am-12pm *LB Senior Ctr*

Holiday Breakfast
 Tu • Nov 20 • 8-10am *Silverado*

Thanksgiving Luncheon-TBA *El Dorado W*

DECEMBER EVENTS:

Holiday Shopping Trip
 F • Dec 7 • 8am-2pm *Silverado*

29th Senior Center Birthday
 F • Dec 7 • 10-3:30pm *LB Senior Ctr*

Holiday Luncheon
 F • Dec 14 • 11am-1pm *Cal Rec Ctr*

Breakfast With Mrs. Claus
 F • Dec 21 • 8-9am *Houghton*

Picture With Mr. Claus
 F • Dec 21 • 11am-12pm *Houghton*

Holiday Dance
 F • Dec 21 • 2-5pm *Silverado*

Holiday Play & Dinner-TBA *El Dorado W*